

Jan 6th — Apr 5th

Rainier Beach Pool

8825 Rainier Avenue South

Seattle WA 98118

(206) 386-1925

Winter 2020 Lap Pool & Sauna Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMLS * (6 Lanes) 5:30 -7:00 AM	EMLS * (6 Lanes) 5:30 -7:00 AM	EMLS * (6 Lanes) 5:30 -7:00 AM	EMLS * (6 Lanes) 5:30 -7:00 AM	EMLS * (6 Lanes) 5:30 -7:00 AM	Lap Swim (6 Lanes) 8:30-9:30 AM	
Gentle Fitness 10:30-11:15 AM	Deep Water Fitness 10:30-11:15 AM	Gentle Fitness 10:30-11:15 AM	Deep Water Fitness 10:30-11:15 AM	Gentle Fitness 10:30-11:15 AM	Shallow & Deep Combo WX 9:35-10:20 AM	Shallow Water Fitness 9:10-9:55 AM
Lap Swim (4 Lanes) Noon-2:30 PM					Lap Swim (5 Lap Lanes) SPA CLOSED 12:15-1:15 PM	Lap Swim (5 Lap Lanes) SPA CLOSED 12:15-1:15 PM
					Public Swim (2 Lap Lanes) 1:25-2:25 PM	Public Swim (2 Lap Lanes) 1:30-2:30 PM
					Public Swim (2 Lap Lanes) 3:30-4:30 PM	Public Swim (2 Lap Lanes) 3:00-4:00 PM
AquaZumba® 7:10-7:55 PM	Shallow Water Fitness 7:10-7:55 PM	Shallow Water Fitness 7:10-7:55 PM	Deep Water Fitness 7:10-7:55 PM	Public Swim (2 Lap Lanes) 7:00-8:00 PM	Public Swim (2 Lap Lanes) 4:45-5:45 PM	
Lap Swim (6 Lanes) 8-9:00 PM	Lap Swim (5 Lanes) 8-9:00 PM	Lap Swim (6 Lanes) 8-9:00 PM	Lap Swim (5 Lanes) 8-9:00 PM	Late Night Lifeguarding Program 8-9:30 PM	Late Night Lifeguarding Program 8-9:30 PM	

Recreation Pricing

Youth (1-17)	\$4.25
Adult (18-64)	\$6.25
Senior (65+)	\$4.25
Special Populations	\$4.25

Fitness Pricing

Youth (1-17)	\$4.75
Adult (18-64)	\$6.75
Senior (65+)	\$4.75
Special Populations	\$4.75

ATTENTION:

Admission to Public, Recreation, and Pool Playland swims are sold **30 minutes prior** to each swim. Please keep in mind that there is a maximum capacity to swims. Swims do sell out.

Lap Swim

A continuous lap swim for swimmers of all ages. We have 3-6 lanes available, divided according to speed. Please circle swim and observe courtesy rules.

*Admission to Early Morning Lap Swim (EMLS) is by exact change, check, or Quick Card only.

Public Swim

Public swim is a time set aside for swimmers of all ages to swim recreationally. Children younger than 6 years of age AND under 48" in height must be directly supervised in the water by an adult (no more than a 2:1 ratio) who is within arm's reach at all times.

Aqua Zumba®

A Latin-inspired dance exercise class in the shallow end of the pool! AZ blends the Zumba formula with aqua fitness, into a safe, challenging cardio and toning workout. Get a great cardio workout and have fun. No dance experience needed, great for all fitness levels and swimming abilities.

Gentle Water Fitness

This shallow water aerobics class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. Participants work on building strength and balance using the resistance of the water. This is a great class for those with arthritis, pregnant women and people trying to manage their weight. All ages are welcome.

Shallow Water Fitness

This class is designed to build strength, flexibility, and cardiovascular fitness. Taking advantage of your buoyancy and water resistance, this is a terrific exercise program regardless of your age or fitness abilities. It allows you to exercise at your own pace.

Deep Water Fitness

Our deep water class uses specially designed buoyancy and resistance equipment to provide a demanding workout for the whole body. Tone and strengthen those muscles without impact on your joints, speed recovery from an injury, and increase your endurance. Great music keeps you working hard! Participants must be comfortable in deep water.

Lap Pool Facts

- 33 Laps (50 yards) to a 1650 yard mile
- Lanes at Rainier Beach are 6 inches wider than other Seattle Parks Pools
- 1 meter diving board
- Sauna is kept at 160 degrees
- Pool temperature 84-86 degrees
- Float tests can be done at Public Swims with paid admission

Late Night Teen Lifeguarding Program

This is a FREE drop-in program that ranges from beginning swim lessons all the way to learning lifeguarding skills. Ages 13-18. E-13 form is required.

Swim Capacity

Please keep in mind that each of our swims have capacities for the number of swimmers that we allow in order to maintain safety. Once we reach these capacities, we cannot allow any more swimmers in. These capacities are subject to change depending on number of lifeguards available.

10 Punch Rec Card

Youth (1-17)	\$37.00
Adult (18-64)	\$54.00
Senior (65+)	\$37.00
Special Populations	\$37.00

10 Punch FIT Card

Youth (1-17)	\$37.00
Adult (18-64)	\$59.00
Senior (65+)	\$37.00
Special Populations	\$37.00

30 Day FAST Pass

Youth (1-17)	\$45.25
Adult (18-64)	\$65.25
Senior (65+)	\$45.25
Special Populations	\$45.25